

COVID-19:

Steps to protect yourself and others



WASH YOUR HANDS REGULARLY

Wash your hands often and thoroughly, using soap and warm water for 20 seconds.



USE ALCOHOL-BASED HAND SANITIZER

Use gel when water is not available and when outside. The gel should contain at least 60% alcohol.



COVER YOUR MOUTH AND NOSE

with a handkerchief or tissue when you cough or sneeze, or try to do so into your elbow.



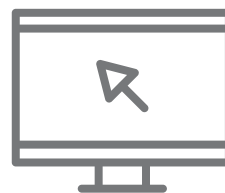
PRACTICE SOCIAL DISTANCING

Avoid crowds or close contact with others, and if possible, work from home. Limit outdoor activities to attending health appointments, shopping for food and essentials, and taking short walks for exercise.



SEEK MEDICAL ATTENTION IF YOU FEEL UNWELL

If you feel unwell, have a fever, cough and difficulties breathing, seek medical assessment and care.



STAY CALM AND INFORMED

Use credible resources for the latest information about COVID-19.

<https://www.who.int>

<https://www.health.gov.au>

<https://www.health.govt.nz/>